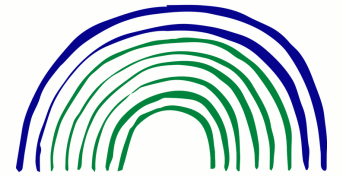


Milestones Checklist



Purposeful Play

- On all 4s, place toys out of reach to encourage crawling
- On all 4s, place toys on table or couch to encourage standing
- When standing at couch, place toys out of reach to encourage cruising
- Crawl over cushions and pillows
- Place obstacles to step on or over on floor when cruising to prepare for walking
- Have little one squat down to pick up toys when standing at table or couch

10-12 months

- Crawls on hands and knees
- Spins in circle in sitting, both directions
- Pulls to stand at furniture
- Begins cruising along furniture
- Begins to walk with help from parent
- Begins to stand alone
- Holds cup with or without handles
- Uses finger to poke toys
- Begins to scribble when given crayon
- Babbles and mimics adults
- Shows understanding to some words
- Repeats sounds/gestures if laughed at
- Speech may stop progressing when learning to walk

Using play to help little ones move and groove with confidence.

